

# The Fingal Centre, Portree - Pool Programme

## Thursday 19<sup>th</sup> February- Thursday 2<sup>nd</sup> April 2026

The Fingal Centre

Viewfield Road, Portree IV51 9ET

TEL: 01478 614819

|                  |                   |                        |                    |  |   |                      |   |                                     |                                   |                   |                     |
|------------------|-------------------|------------------------|--------------------|--|---|----------------------|---|-------------------------------------|-----------------------------------|-------------------|---------------------|
| <b>Monday</b>    | 7.00<br>Lane Swim | 9.00<br>School Lessons | 9.30<br>Aquacise   | 1.00<br>Adults Only                          | 1.15<br>2.00                                | 2.00<br>3.00         |   | 3.50<br>Swimming Lessons            | 5.30                              | 6.00<br>Open Swim | 9.00                |
| <b>Tuesday</b>   | 7.00<br>Lane Swim | 9.00<br>School Lessons | 9.30<br>Open Swim  | 1.00<br>Additional Support Swimming          | 2.00<br>3.00                                |                      | 3.50<br>Swimming Lessons                    | 5.30                                | 6:15<br>Open Swim                 | 8:00              | 8.00<br>Adults Only |
| <b>Wednesday</b> | 7.00<br>Lane Swim | 9.00<br>School Lessons | 9.30<br>Open Swim  | 1.00<br>2.00                                 | CLOSED<br>STAFF TRAINING                    |                      |   | 3.50<br>Swimming Lessons            | 5.30                              | 6:15<br>Aquacise  | 7.00<br>Open Swim   |
| <b>Thursday</b>  | 7.00<br>Lane Swim | 9.00<br>School Lessons | 9.30<br>Open Swim  | 1.00<br>2.00                                 | 2.00<br>2.45                                |                      | 3.50<br>Swimming Lessons                    | 5.30                                | 6.00<br>Lane Swim / Skye Tri Club | 9.00              |                     |
| <b>Friday</b>    | 7.00<br>Lane Swim | 9.00<br>School Lessons | 9.30<br>Open Swim  | 1.00<br>2.00                                 | 2.15<br>Family Friendly (Raised floor only) | 3.00                 | 3.30<br>Swimming Lessons                    | 4.30                                | 5.00<br>Open Swim                 | 7.00              |                     |
| <b>Saturday</b>  |                   | 9.00<br>Open Swim      | 10.00              | 10.15<br>Family Friendly (Raised floor only) | 11.15                                       | 11.45<br>Fun Session | 12.45                                       | 1.15<br>Additional Support Swimming | 2.15                              | 2.15<br>Open Swim | 4.00                |
| <b>Sunday</b>    |                   |                        | 10.00<br>Lane Swim | 11.15  | 11.30<br>Fun Session                        | 12.30                | 1.00<br>Family Friendly (Raised floor only) | 2.00                                | 2.30<br>Open Swim                 | 4.00              |                     |

Booking online for Family Friendly, Fun Session and Fitness Classes (Aquacise) is required.



Floats and toys available

### STANDARD ADMISSION POLICY

Children aged 0-3 years must be accompanied by an adult on a 1:1 basis.

Children aged 4-7 must be accompanied by an adult on a ratio of 1 adult: 2 children

**Open Swim** All ages and abilities welcome. Standard admission policy applies

**Family Friendly** Raised floor. Change to admission policy 1 adult: 2 children (0-7 years). Admission to this session must include a child less than 8 years. All those attending must book online or by phone.

**Fun Session** Family fun swim for all age groups. Standard admission policy applies.



**The Fingal Centre, Portree – Dryside/Class Programme**  
**Monday 5<sup>th</sup> January – Thursday 2<sup>nd</sup> April 2026**  
**In-Service Days- 16<sup>th</sup>/17<sup>th</sup> February (look out for alternate timetable)**

| Group Fitness Classes  |                  |                 | Fitness Suite                                    |                  |
|--|------------------|-----------------|--|------------------|
| <b>Monday</b>  | Circuits         | 7.00 – 7.30am   |  |                  |
|  | Aquafit          | 1.15 – 2.00pm   | <b>Mondays &amp; Wednesdays</b>                  |                  |
|  | Step Fit (HIIT)  | 5.30 – 6.00pm   | 7.00am – 8.30am                                  |                  |
| <b>Tuesday</b>   | Pilates          | 5.30 – 6.30pm   | 4.00pm – 9.00pm                                  |                  |
| <b>Wednesday</b>   | Cycle Fit (HIIT) | 5.30 – 6.00pm   | <b>Tuesdays &amp; Thursdays</b>                  |                  |
|  | Aquafit          | 6.15 – 7.00pm   | 7.00am – 8.30am                                  |                  |
| <b>Thursday</b>  | Pilates          | 7.00 – 7.45am   | 5.00pm – 9.00pm                                  |                  |
|  | Aquafit          | 2.00 – 2.45pm   | <b>Fridays</b>                                   |                  |
|  | Zumba            | 6.00 – 7.00pm   | 7.00am-8.30am<br>3.00pm – 7.00pm                 |                  |
| <b>Friday</b>  | Fat Burn Extreme | 7.00 – 7.30am   |  |                  |
|  | Indoor Cycling   | 5.30 – 6.15pm   | <b>Saturdays</b>                                 | <b>Sunday</b>    |
| <b>Sunday</b>  | Cycle Fit (HIIT) | 10.15 – 10.45am | 9.00am – 4.00pm                                  | 10.00am – 4.00pm |
|  |                  |                 |  |                  |
|  |                  |                 | <b>SHOWERS AVAILABLE DURING FITNESS SUITE</b>    |                  |
|  |                  |                 | <b>OPENING HOURS ABOVE</b>                       |                  |
| <b>Programme Guidance Notes</b><br>Classes must be booked online or by telephone. No need to book for the Fitness Suite. |                  |                 | <b>Prices</b>                                    | <b>Standard</b>  |
|  |                  |                 | Fitness Class                                    | £8.55            |
|  |                  |                 | Fitness Suite                                    | £9.75            |
|  |                  |                 | Shower   | £4.00            |
|  |                  |                 | Budget Members/Disability 50p for all activities |                  |
|  |                  |                 | <b>U18/O66</b>                                   |                  |
|  |                  |                 |  |                  |